

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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A088 – BEANS, CANNED, GREAT NORTHERN, DRY, LOW-SODIUM, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry Great Northern beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz beans in liquid. One #10 can AP yields 66.0 oz (about 7¾ cups) heated, drained Great Northern beans and provides about 31.2 ¼-cup servings heated, drained Great Northern beans OR about 15.6 ½-cup servings heated, drained Great Northern beans. CN Crediting: ¼ cup heated, drained Great Northern beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned Great Northern beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Beans, Great Northern, canned, mature seeds, solids and liquids

	¼ cup (66 g)	½ cup (131 g)
Calories	75	149
Protein	4.83 g	9.65 g
Carbohydrate	13.77 g	27.54 g
Dietary Fiber	3.2 g	6.4 g
Sugars	N/A	N/A
Total Fat	0.26 g	0.51 g
Saturated Fat	0.08 g	0.16 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.03 mg	2.06 mg
Calcium	35 mg	69 mg
Sodium	70 mg	140 mg
Magnesium	33 mg	67 mg
Potassium	230 mg	460 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	0 mg	0 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.